COMEDY

Page 3 – Ofeliza Torres-Saenz, La Chistosa

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 33, #40 • **August 11, 2022**

SPORTS

Page 10– Detroit Lions Getting Ready For Season !!!

Latinos en la Ópera

Por EL CENTRAL

Después de dos años de distanciamiento social, evitando las reuniones en persona a causa de la pandemia, los Líderes Latinos del Sudeste de Michigan se reunieron en la Ópera de Detroit (Detroit Opera House) la semana pasada para celebrar la ópera. Los llamados "Amigos latinos de la Ópera de Detroit", líderes de las comunidades de negocios, organizaciones sin fines de lucro, educación, arte y medios de comunicación se mezclaron y disfrutaron de una actuación de la famosa cantante soprano Catalina Cuervo.

El evento tenía el objetivo de motivar al público para una próxima función de ópera, programada para diciembre en la parroquia Holy Redeemer en el suroeste de Detroit.

Los anfitriones del evento fueron Yesenia y Jesse Venegas. Jesse es el vicepresidente de Ideal Group y miembro de la

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Latinos in the House

-- the Detroit Opera House!

By EL CENTRAL

After two years of social distancing and not gathering in person due to the pandemic, Latino leaders from Southeast Michigan gathered at the Detroit Opera House last week to celebrate opera. Dubbed Latino Friends of Detroit Opera, leaders from the business, nonprofit, education, arts, and media communities mingled and were treated to a performance by famed soprano Catalina Cuervo.

The event was about building excitement for an upcoming opera performance scheduled for December at Holy Redeemer Church in Southwest Detroit.

Hosting the event were Yesenia and Jesse Venegas. Jesse is vice president of the Ideal Group and a member of the board of directors at the Detroit Opera House. The couple has worked to bring world-class opera to Southwest Detroit that is free for families in the community.

"I get angry when Ticket

cont on pg.2

Famed Soprano Catalina Cuervo performed with Guitarist Alvaro Andres Bermudez at the Detroit Opera House. Photo provided by Elisa Limon Photography

FIESTA TIGRES Béisbol Transmitirá en Radio Español por Primera Vez

Por primera vez en la ciudad de Detroit, un partido de beisbol de Grandes Ligas se transmitirá totalmente en español por radio.

Los Tigres de Detroit otorgaron esta distinción a la radio La Explosiva WSDS1480AM y WCAR1090AM para que ser la encargada de llevar a cabo las acciones, jugada tras jugada a los radioescuchas del área metropolitana de Detroit.

Miguel Cabrera está haciendo historia en la temporada 2022, provocando un efecto domino de éxito que envuelve al equipo de casa y a la estación de radio popular entre la creciente comunidad Latina del sureste del estado de Michigan.

"Para nosotros es una gran distinción y como la primera estación de radio 24/7 en español en Detroit, nuevamente volvemos a dejar huella en la historia, al ser la primera vez que los Tigres de Detroit dan acceso a un medio de comunicación en español local, de trasmitir un juego completo de Grandes Ligas", dijo Alex Reséndez, Director General de La Explosiva y Personalidad de Radio conocido como "El Batman"

El partido entre Detroit y Los Ángeles, se transmitirá dentro del evento denominado FIESTA TIGRES 2022, a celebrarse el Viernes 19 de agosto a las 7:10pm en Comerica Park.

Para la narración del juego, se contará con la participación de dos talentosos periodistas como son los venezolanos

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FIESTA TIGRES Game First Time Broadcast on Detroit Spanish Radio

For the first time in the city of Detroit, a Major League Baseball game will be broadcast entirely in Spanish on the radio.

The Detroit Tigers awarded this distinction to LA EXPLOSIVA WSDS1480AM and WCAR1090AM to bring the action, play by play, to listeners in the Detroit metro area.

Miguel Cabrera is making history in the 2022 season, causing a domino effect of success that engulfs the home team and the popular radio station among the growing Latino community in southeastern Michigan.

"For us it is a great distinction and as the first 24/7 radio station in Spanish in Detroit, we once again leave a mark in history, as it is the first time that the Detroit Tigers give access to a local Spanish-language media outlet of broadcasting a complete Major League game", said Alex Reséndez, General Director of La Explosiva and Radio Personality known as "El Batman".

The game between the Detroit Tigers and Los Angeles Angles will be broadcast within the event called FIESTA TIGRES 2022 to be held on Friday, August 19 at 7:10 p.m. at Comerica Park.

For the comments of the game, there will be the participation of two talented journalists including the Venezuelans Carlos Guillen and Mari Montes. Guillen has been a broadcaster for the Washington Nationals, CNN en Español correspondent for Venezuela, and sports anchor for ESPN Deportes and Noticiero Azteca in Miami. Montes has served as a commentator on various radio and television programs in Venezuela and the Caribbean, commenting on general Major League incidents.

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Latinos in the House

Photos provided by Elisa Limon Photography

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Master puts $30 on surge charge on tickets, pricing people out of concerts," Venegas says. "Music is for everyone."

Part of the evening was dedicated to honoring people who were instrumental in supporting the opera Frida and those who helped deepen the connection between Detroit Opera and the Southwest Detroit community. Recognized were JoAnn Chavez from DTE Energy, Opera singer Catalina Cuervo, Journalist Martina Guzmán, Andrea Scobie, Director of Education at Detroit Opera, Jane Garcia and Mari Carmen Muñoz from LASED, Ethan and Gretchen Davidson from the Davidson Foundation, and posthumously to Monica Martinez from Comerica Bank.

The guests of honor were presented with beautifully framed original photos of Frida Kahlo during her time in Detroit when her husband, famed muralist Diego Rivera painted his masterpiece, Detroit Industry, at the Detroit Institute of Arts.

This initiative with Venegas began in 2015 with opera performances in the Latino community with a presentation of the opera Frida, at the Mexicantown Mercado / Ford Resource Center. The following year Venegas formed a partnership with Holy Redeemer to use the Romanesque-style church as a backdrop for future performances, which included Catalina Cuervo in 2017, the children's opera Amal and the Night Visitors in 2018, and rising opera star Cecilia Violeta Lopez in 2019.

The Covid pandemic halted productions, but Venegas, the Detroit Opera, and Holy Redeemer are excited to bring opera back to the community this winter.

"Our culture loves music and loves performance," Venegas says. "It's important to find people who look like us to play the music that our community wants to hear."

Catalina Cuervo

Guitarist Alvaro Andres Bermudez, Yesenia Venegas, Jesse Venegas, Catalina Cuervo and Arthur White

Catalina Cuervo and Jesse Venegas

Anna Guerro, Catalina Cuervo and Yolanda Serra

Latinos en la Ópera

Con't de pg. 1

junta directiva de la Ópera de Detroit. La pareja ha trabajado para traer a las familias del suroeste de Detroit una ópera de clase mundial. Presentado gratis a la comunidad.

"Me molesta cuando "Ticket Master" agrega un recargo de $30 en el precio de las entradas, excluyendo a mucha gente de los conciertos", dice Venegas. "La música es para todos".

Parte de la velada se dedicó a honrar a las personas que fueron fundamentales en el apoyo de la ópera Frida y a aquellos que ayudaron a profundizar la conexión entre la Ópera de Detroit y la comunidad del suroeste de Detroit.

Se reconocieron a JoAnn Chavez de la compañía de electricidad DTE Energy, la cantante de ópera Catalina Cuervo, la periodista Martina Guzmán, la directora de educación de la Ópera de Detroit Andrea Scobie, Jane García y Mari Carmen Muñoz de LASED, Ethan y Gretchen Davidson de la Fundación Davidson, y póstumamente a Mónica Martínez del Banco Comerica.

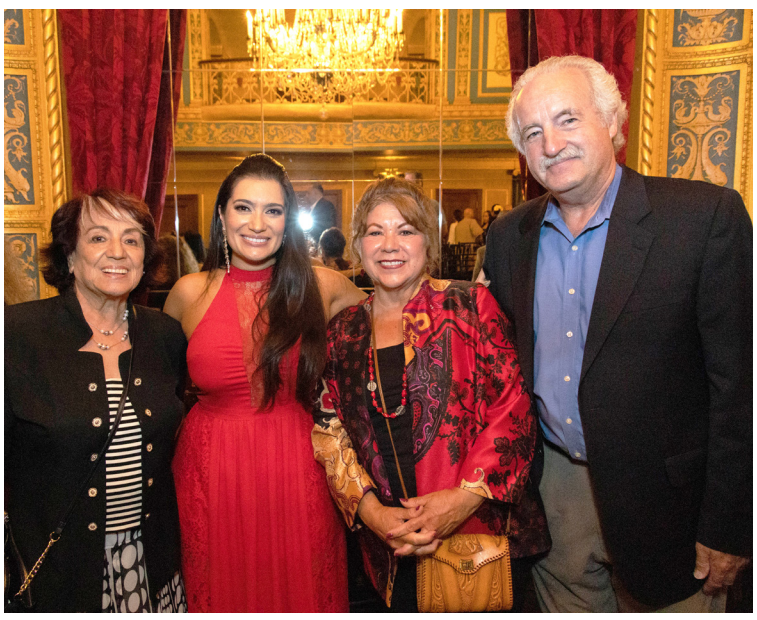
Los invitados de honor recibieron fotos originales bellamente enmarcadas de Frida Kahlo durante su estadía en Detroit mientras su esposo, el famoso pintor Diego Rivera, pintó su obra maestra, Los Murales de la Industria de Detroit en el Instituto de Artes de Detroit.

Las representaciones de ópera en la comunidad latina comenzaron en el 2015 con una presentación de la ópera Frida, en el Mexicantown Mercado / Ford Resource Center. Al año siguiente, Venegas se asoció con la parroquia Holy Redeemer para usar la iglesia de estilo Románico como telón de fondo para futuras representaciones, que incluyeron a Catalina Cuervo en 2017, la ópera infantil Amahl y los Visitantes Nocturnos en 2018, y la estrella de ópera en ascenso Cecilia Violeta Lopez en 2019.

La pandemia del COVID-19 detuvo las producciones, pero Venegas, la Ópera de Detroit y Holy Redeemer están emocionados de traer este invierno la ópera de regreso a la comunidad.

"Nuestra cultura ama la música, ama la interpretación", dice Venegas. "Es importante encontrar personas que se parezcan a nosotros para tocar la música que nuestra comunidad quiere escuchar".

Luly Del Real, Monique Villegas Saucedo, Georginia Garcia, Christina Guzman, Bridget Espinosa and Martina Guzman



Dolores Sanchez, Catalina Cuervo with Eva Garza Dewaelsche and Robert Dewaelsche

Yesenia and Jesse Venegas wtih honoree Martina Guzman

Mary Carmen Munoz received an honorary Frida photo on behalf of LA SED

Apply for an Elevate Together small business grant

The deadline to submit your application is Tuesday, September 20, 2022 at 11:59 p.m. ET.

Typical grant amounts range from $5,000 - $10,000 per business. In addition to a cash grant, small business mentoring is an essential part of being an Elevate Together recipient. Small businesses selected to receive cash grants must participate in a mentor orientation and three mentorship sessions before receiving funding (though mentorship is intended to be longer-term).

To apply for this grant, https://ushcc.formstack.com/forms/2022_elevate_together_small_business_grant_application_copy_1

Aplica para una subvención para pequeñas empresas de Elevate Together.

La fecha límite para presentar su solicitud es el Martes, 20 de Septiembre, 2022 a las 11:59 p.m. ET.

Los importes típicos de las subvenciones oscilan entre $5,000 y $10,000 por empresa. Además de la subvención en metálico, la tutoría de la pequeña empresa es una parte esencial del programa Elevate Together. Las pequeñas empresas seleccionadas para recibir subvenciones en efectivo deben participar en una orientación de mentores y en tres sesiones de tutoría antes de recibir la financiación (aunque la tutoría está pensada a largo plazo).

Para aplicar, https://ushcc.formstack.com/forms/2022_elevate_together_small_business_grant_application_copy_1

Fiesta Tigres

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Carlos Guillen y Mari Montes. Guillen ha sido narrador por los Washington Nationals, corresponsal de CNN en Español para Venezuela y, presentador de deportes para ESPN Deportes y Noticiero Azteca en Miami. Montes ha servido como comentarista en diversos programas de radio y televisión en Venezuela y el Caribe, comentando los incidentes generales de Grandes Ligas.

Diles que lo Viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

Meet La Chistosa: The Funny Girl

By Eric Guzmán

Every day is a new day to hit the refresh button on your lifelong goals and aspirations. In August of 2021, Ofelia Torres-Saenz did just that by pursuing a career as a stand-up comedian.

Far from the life she planned to have in the criminal justice field, Torres-Saenz, is about to hit the big time. This chistosa has been selected to be part of a TV show called Those Crazy Komedians, which is set to premiere on SDM Flix through Roku Tv. The show will feature Torres-Saenz along with other Detroit comedians.

"At first [when getting asked to join], I thought it was a scam," Torres-Saenz says. After reaching out to a fellow comedian for confirmation of the promotion team, she was excited about the opportunity. She is one of only two Latino comedians who will be a part of the show.

Although she's early in her comedy career, the future is looking bright. Ofelia Torres-Saenz, who goes by the stage name Ofeliza Saenz, began writing material back in 2018. "I would journal and just write certain things or stories that were funny to myself," Torres-Saenz says.

Then in 2019, she dared herself to write sets of jokes and record her first set of stand-up material. By 2020, Torres-Saenz was on a roll and was ready to put herself out there and attend open mic sessions, but then came the COVID-19 pandemic. The global outbreak quickly halted live shows, but Torres-Saenz kept going, using the time to perfect her craft and write new material.

Recently, she collaborated with a group of local artists and performed for a large audience for the first time; in addition, she's in the middle of working on her own comedy show at Salpicon in September.

Some could describe Torres-Saenz's style of comedy as raunchy yet outspoken. Part of her gimmick and stage presence is performing in a dress to get your attention and show off her beauty, drawing you in once the first punch line is delivered.

Ofeliza Torres-Saenz, La Chistosa

"I joke at the beginning [of my performances] that I'm rated R and M. R for ridicula and M for mamona, because the things I say aren't typical," she says. Her jokes waver on topics of family life, Latino culture, and adult intimacy.

She feels her best material comes from performing more adult-themed jokes instead of making family-friendly jokes. "I think life is funny, being an adult is funny, sex is funny, and our bodies are funny. Just embrace it."

Torres-Saenz states that the lack of representation of Chicana comedians is one of her biggest motivations for pursuing her stand-up comedy aspirations. "I want to be part of a bigger picture; we have the best of two crowds," she says, referring to her ability to perform in both English and Spanish and to cater to both crowds.

In addition to writing and performing jokes, one of Torres-Saenz goals is to support more Chicana comedians and break the machismo standards that male comedians seem to get away with.

Torres-Saenz draws her inspiration from various Latino comedians such as George Lopez, Sofia Niño de Rivera, Franco Escamilla, and Gabriel Iglesias. She finds similarities in their styles and incorporates them into her stage presence.

Although she loves comedy, it comes with its struggles. "I stutter a lot and have dyslexia."

She also admits to having stage fright. "Even though I've performed my whole life in other things, I still get nervous every time I perform [my comedy]," Torres-Saenz says.

You can see Torres-Saenz every Wednesday at 9:00 PM at Burn Bar and Grill located on Woodward Ave in Detroit, or follow her on www.instagram.com/lachistosa313 and www.tiktok.com/lachistosa313.

Congess of Communities and Detroit Champions for Hope present

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Free back to school supplies for the first 200 children grades K-12th

Children ages 0-4 will get a "preschool learning gift"

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All FREE
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Detroit Champions for HOPE

Questions or if you want to be a vendor contact
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Congess of Communities y Detroit Champions for Hope presenta

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Útiles escolares gratuitos para los primeros 200 niños de los grados K-12

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Detroit Champions for HOPE

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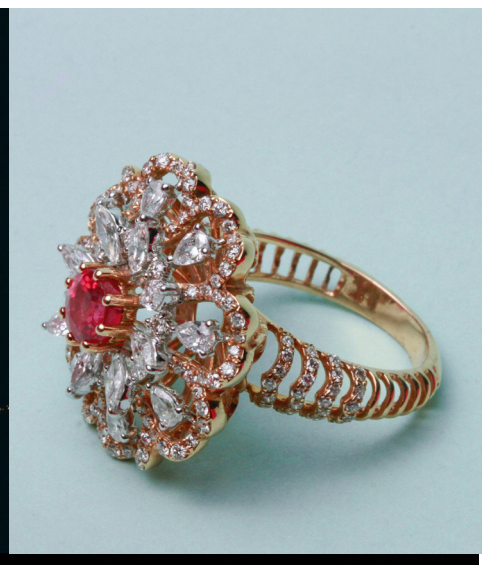
Special, World's Cultures

Ornaments and Jewelry

Ornaments and Jewelry

Couple of weeks ago, while I was walking the streets of the city at night, it was easy for me to perceive how the lights made the architectural forms vibrate, the decorations of the buildings that show the decades, centuries that distinguish them from each other: geometric shapes, circular, covered in mirrors, angular, gothic traditions, metallic curves, futuristic, ceramic bricks with colors, materials such as marble, or neutral figures that are mirrored in the water of the Detroit River, or it can be in the water that surrounds Manhattan.

In some buildings you can see sculptures, decorations that captivate the attention such as earrings do to look towards the face. So, it happened to me when I looked up at the ceiling and the chandeliers that hung like earrings in the form of explosions of light.



Unlike animals with their plumage, scales or fur to show a vast diversity of colors and shapes resembling buttonholes, feathers, spikes, flowers, not only to camouflage and protect themselves from danger, but also as attractions that encourage mating and thus, the improvement of the species; We humans have other ways of adorning ourselves, and thus, making it easier for others to fix their gazes to seek approaches, relationships, affection, and also, the preservation of the species.

The taste for beautification as an expression of culture reflected in the ornamentation of the body through hair styling, skin pigmentation with paint or use of makeup, tattoos; and, above all, the use of jewelry objects: metals, stones, textiles, wood, feathers, corals, pearls, bones (vertebrae, ivory), resins such as amber, plastic, or other materials.

In general terms, jewelry is considered to be the object of ornament for the human body.

Some cultures use metals such as copper, brass, gold, silver, bronze for their jewelry providing a wide range of possibilities, not only because of the ways in which they can be cast and molded, but also the plasticity and possibilities of manipulation, carved, folded, among other creation processes.

There are also gems or precious and semi-precious stones: jades, diamonds, obsidian, onyx, ruby, emerald, sultanite, amethyst, opals, garnets, sapphires. Stones that with their cuts can make the light bounce, or show themselves as mirrors, shine that complement the metal work.

Some pieces of jewelry are inspired by forms of nature, they refer to its organic principles, or they resemble leaves, feathers. Geometrically cut gems with the desire that the stone bounces the light generating prisms, sparkles, rainbows.

For the Mayan cultures the use of jade and amber were the most important gems. While in the cultures of the Sonoran Desert, turquoise had a special and symbolic place. For the Kayan women of Myanmar, the brass rings on their necks.

Diles que lo viste en EL CENTRAL
Tell them you saw it in EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

Los ornatos y joyería

Los ornatos y la joyería

Hace un par de semanas mientras recorría las calles de la ciudad durante la noche, me fue fácil percibir cómo las luces hacían vibrar las formas arquitectónicas, los ornatos de los edificios que muestran las décadas, siglos que les distinguen entre sí: formas geométricas, circulares, cubiertos de espejos, cuadrados, angulares, tradiciones góticas, curvas metálicas, futuristas, ladrillos de cerámica con colores, materiales como mármol, o bien, figuras neutras que se espejean en el agua del río Detroit, o puede ser en las agua que rodean Manhattan.

En algunos edificios se pueden ver esculturas, decoraciones que cautivan la atención como los aretes la mirada hacia el rostro. Así me pasó al mirar hacia el techo y los candelabros que pendían como aretes en forma de explosiones de luz.

A diferencia de los animales con su plumaje, escamas, o bien, pelaje muestran una vasta diversidad de colores y formas semejando ojales, plumas, espigas, flores, no sólo para camuflarse y protegerse del peligro, sino también como atractivos que propicien el apareamiento y así, el mejoramiento de la especie; los humanos contamos con otras formas de adornarnos, y también así, facilitar que los otros fijen sus miradas para procurar acercamientos, relaciones, afecto, y también, la preservación de la especie.

El gusto por embellecer como expresión de la cultura reflejado en la ornamentación del cuerpo a través la estilización del cabello, la pigmentación en la piel con pintura o uso de maquillajes, tatuajes; y, sobre todo, el uso de objetos de joyería: metales, piedras, textiles, maderas, plumas, corales, perlas, huesos (vértebras, marfiles), resinas como el ámbar, plástico, u otros materiales. En términos generales, se considera joyería al objeto de ornato para el cuerpo humano.

Algunas culturas el uso de metales como cobre, latón, oro, plata, bronce para su joyería provee de una amplia gama de posibilidades, no sólo por las formas en que estos se pueden fundir y moldear, sino también la plasticidad y posibilidades de manipulación, tallado, doblado, entre otros procesos de creación.

También están las gemas o piedras preciosas y semipreciosas: jades, diamantes, obsidiana, ónix, rubí, esmeralda, sultanita, ametista, ópalos, granates, zafiros. Piedras que con sus cortes pueden hacer que la luz rebote, o que se muestren como espejos, brillos que complementen el trabajo del metal.

Algunas piezas de joyería son inspiradas en formas de la naturaleza, remiten a sus principios orgánicos, o bien, semejan hojas, plumas. Gemas cortadas geométricamente con el afán que la piedra rebote la luz generando prismas, destellos, arcoíris.

Para las culturas mayas el uso del jade y el ámbar fueron las gemas más importantes. Mientras que en para las culturas del desierto de Sonora, la turquesa tenía un lugar especial y simbólico. Para las mujeres Kayan de Brimania, los aros de latón en sus cuellos.

Sigue cada semana en **EL CENTRAL** nuestro

ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

Frida Kahlo Meets a Corktown Girl

Book Launch paired with Mini-Performance based on a true story

Photos courtesy of Dare-Dare photos.

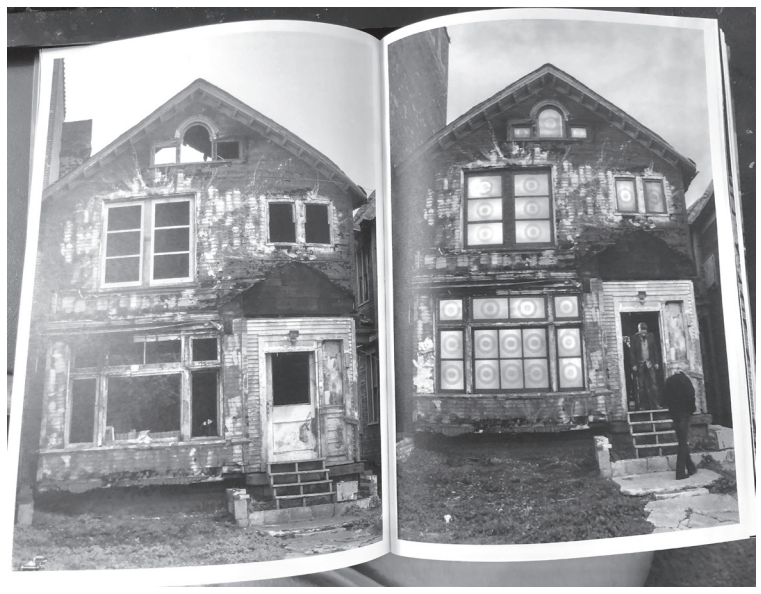
Book Launch for SATELLITE, A Decade of Transcontinental Explorations.

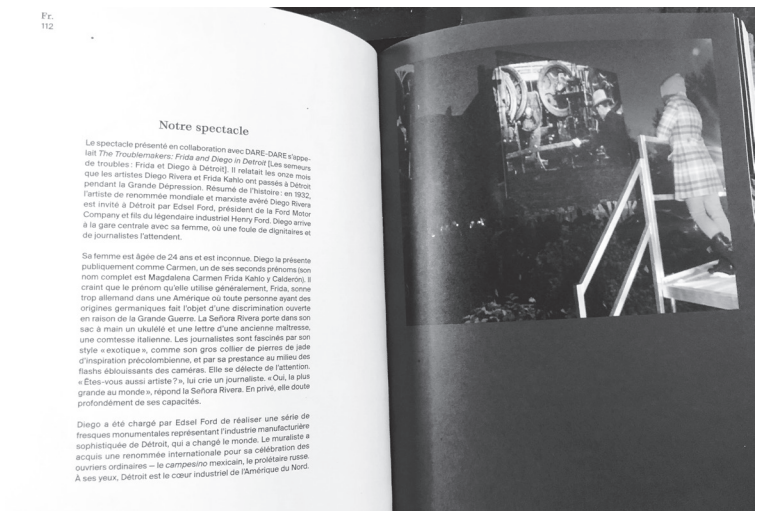
In 2011, Montréal art group Dare-Dare began a 10-year journey to work with artists in Detroit, Tijuana and Mexico City to create public art events. In Detroit, the outdoor venue selected was in Corktown. The site included a pair of fire-ravaged homes and the long-vacant Roosevelt Hotel. SATELLITE is a visual documentation of the experiment; 19 participating artists have written essays, which are in English, Spanish and French, plus 178 images. Dare-Dare's Martin Dufrasne talks about the artistic journey.

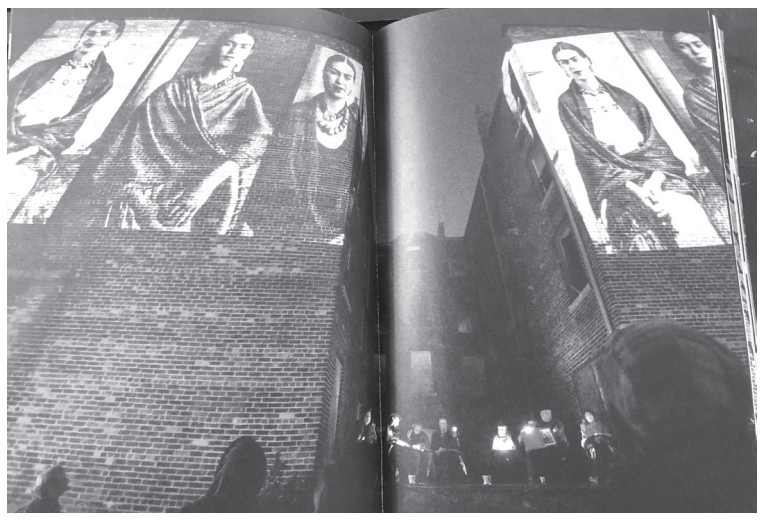
Multimedia Stage Reading:

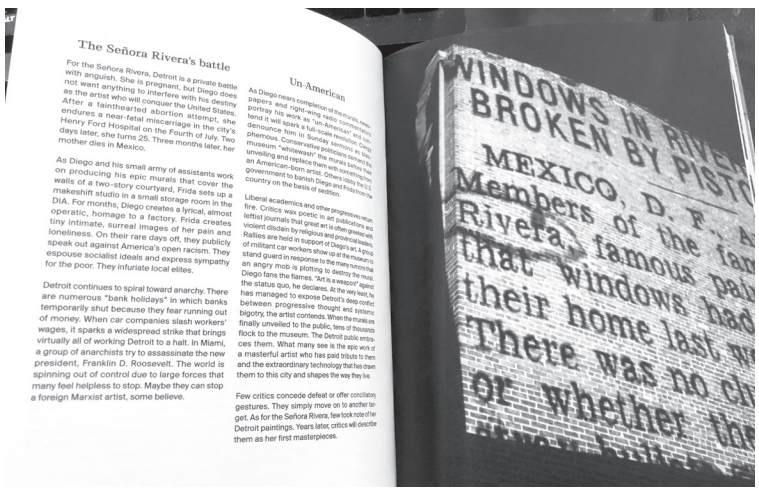
Detroit writer Louis Aguilar was a Dare-Dare collaborator. He'll talk about his experience. In addition, he'll tell a tale based on a true story of Frida Kahlo meeting a 10-year-old girl from Detroit. In Aug. 1932, Corktown resident Angelica visited the Detroit museum to watch Diego Rivera create the famed Detroit Industry mural. There she met a 25-year-old Frida. It was Angelica's first time visiting a museum. Frida had just begun painting her first three masterpieces. The pair bonded. Actress/filmmaker/dancer Jazmine Kuyayki Broe portrays Frida. 10-year-old performer Evaluna portrays Angelica. Musician Sam Falik from the local band Slizz will provide some acoustic guitar flourish. The event will also include archival images of Diego Rivera and his crew producing the Detroit Industry mural and Frida's Detroit masterpieces.

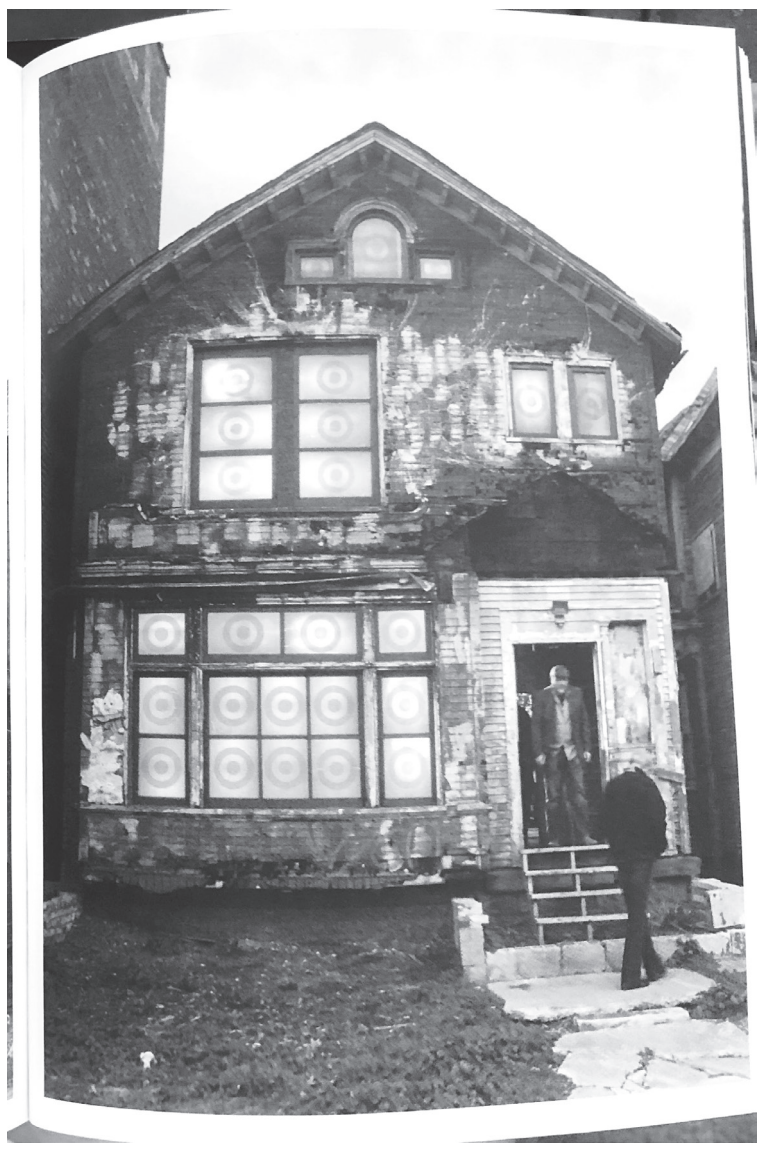
The free book launch and mini-performance will take place on Sat. Aug. 13. 6 pm at 27t Letter Books, 3546 Michigan Ave. Southwest Detroit.
Call 313-652-1552 or write hello@27thletterbooks.com











EL CENTRAL
HISPANIC NEWS

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EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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Hawaiian Chicken

Ingredients

- 1/3 cup ketchup
- 1/3 cup soy sauce
- 1/3 cup packed light brown sugar
- 2 tablespoons rice vinegar
- 1 tablespoon sriracha, optional
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sesame oil, plus more to taste
- 1 1/2 tablespoons garlic, minced
- 1 1/2 tablespoons fresh ginger, peeled and minced
- 3 pounds chicken thighs, boneless, skinless, and trimmed of visible fat

Directions

Ready In:
2 hours and 30 minutes

Step 1
Combine the ketchup, soy sauce, brown sugar, rice vinegar, sriracha, Worcestershire, sesame oil, garlic, and ginger in a medium to large mixing bowl to make the marinade.

Step 2
Add 1/4 cup of the marinade to a smaller bowl and refrigerate for later.

Step 3
Add the chicken to the remaining marinade, tossing it to coat all the pieces evenly.

Step 4
Cover and refrigerate the mixing bowl for 2-8 hours.

Step 5
Once you're ready to cook the chicken, preheat the grill to medium heat.

Step 6
Add the chicken and grill, basting with the separated 1/4 cup of marinade.

Step 7
Grill the chicken until it is fully cooked, about 15 minutes.

Step 8
Serve hot.

Layered Lemon Dream

Ingredients

- 3 1/2 cups graham cracker, crumbled
- 1 3/4 cups sugar, divided
- 1 tablespoon ground cinnamon
- 1 1/4 cups butter, melted
- 2 (8-ounce) packages of cream cheese, softened
- 2 cups heavy whipping cream
- 1 teaspoon lemon extract
- 2 (10-ounce) jars of lemon curd or 1 (15.75-ounce) can of lemon pie filling

Directions

Ready In:
8 hours and 30 minutes

Step 1
Grease a 9x13-inch baking dish.

Step 2
In a large bowl, mix the graham cracker crumbs, 3/4 cup sugar, and cinnamon.

Step 3
Stir in the butter.

Step 4
Reserve 1/2 of the crust mixture for the topping.

Step 5
Press the remaining crumb mixture onto the bottom of the prepared baking dish.

Step 6
In a large bowl, beat the cream cheese and the remaining sugar together until smooth.

Step 7
Gradually beat in the heavy whipping cream and lemon extract until soft peaks form.

Step 8
Spread 1/2 of the cream cheese mixture over the crust on the bottom of the baking dish.

Step 9
Gently spread the lemon curd over the cream cheese layer.

Step 10
Cover the lemon curd with the remaining cream cheese mixture.

Step 11
Sprinkle the top with the reserved graham cracker crumb mixture.

Step 12
Refrigerate, covered, for at least 8 hours and up to overnight.

Step 13
Serve chilled.

Spaghetti Aglio E Olio

Ingredients

- 1 pound spaghetti, uncooked
- 1/3 cup extra virgin olive oil
- 6 cloves garlic, thinly sliced
- 1/4 teaspoon red pepper flakes
- 1/4 cup chopped parsley
- 1 cup parmesan, grated, optional

Directions

Ready In:
20 minutes

Step 1
Cook the pasta in boiling salted water to al dente, following package directions, for about 8-12 minutes.

Step 2
While the pasta is cooking, heat a large skillet with olive oil over medium to medium-low heat.

Step 3
Once the oil is hot, add the garlic and sauté, stirring constantly to prevent burning, until the garlic is just golden, for about 2 minutes.

Step 4
Add the red pepper flakes.

Step 5
Remove the skillet from the heat.

Step 6
Once the pasta is done cooking, transfer it to the skillet with at least 1/2 cup of the pasta water. The pasta water adds starch, which helps bind the sauce to the pasta.

Step 7
Toss the pasta.

Step 8
Add the parsley and parmesan and toss to combine.

Step 9
Serve hot!

Muere Olivia Newton-John, a los 73 años, protagonista de “Grease”

La actriz Olivia Newton-John murió a los 73 años de edad, se le recuerda por ser protagonista en la película ‘Vaselina’ a lado de John Travolta.

La familia de la actriz y cantante anunció su muerte en un comunicado en Facebook, explicando que ella “ha sido un símbolo de triunfos y esperanza durante más de 30 años compartiendo su lucha contra el cáncer de mama”.

Falleció en su casa del sur de California, informó su marido, John Easterling, en sus redes sociales.

Aunque Newton-John (Reino Unido, 1948) desarrolló su carrera en el mundo del espectáculo como cantante, con éxitos como “If Not for You”, “Let Me Be There” y “Have You Never Been Mellow”, su nombre quedó inmortalizado en Hollywood al protagonizar junto a John Travolta el musical “Grease”/ “Vaselina”.

¿La lucha contra el cáncer de Olivia Newton John?

Olivia Newton-John, era una celebre cantante australiana de dulce voz que se convirtió en una sensación de country-pop, folk-pop, rock-pop y disco-pop en la década de 1970, protagonizó el gigante musical de Hollywood “Grease” y se sometió a un cambio de imagen con en 1981, “Physical”, murió el 8 de agosto en su rancho en el sur de California a los 73 años.

Newton-John recibía tratamiento por cáncer de mama desde 1992 y anunció 25 años después, en 2017, que había regresado y había hecho metástasis. (Posteriormente reveló que había estado luchando contra la enfermedad en privado desde 2013).

Desde su diagnóstico inicial a los 44 años, Newton John se convirtió en una defensora de la investigación y la concientización sobre el cáncer, así como de las causas ambientales. Cantó para presidentes y un papa, los enfermos y los discapacitados, y promocionó la música como una forma de terapia espiritual, recaudando millones de dólares para financiar el Centro de Investigación y Bienestar del Cáncer Olivia Newton John en el Hospital Austin de Melbourne.

Sus últimos álbumes incluyeron música inspiradora sobre el amor, la amistad y la superación del trauma.

“La música siempre me ayudó en mi curación, y ahora espero que inspire la curación en otros”, dijo en una entrevista en 2007.

Dua Lipa es nombrada embajadora de honor de Kosovo

La cantante británica de origen albanokosovar Dua Lipa ha recibido el título de embajadora de honor de Kosovo por la presidenta del país, Vjosa Osmani, informa la televisión regional N1.

Osmani agradeció el viernes en una ceremonia a la cantante, compositora y actriz británica, hija de refugiados albano-kosovares, por todo lo que ha hecho hasta ahora para representar a su país en el mundo.

El jueves Dua Lipa fascinó a sus admiradores en un concierto que dio en Pristina en el festival Sunny Hill, que ella misma fundó en 2018, con su inspirada actuación.

“Deseo agradecer a todos los que vinieron a ver nuestra hermosa Pristina y Kosovo”, los saludó.

Después de que Kosovo en 2008 proclamara la independencia de Serbia, la cantante vivió durante cierto tiempo en Pristina, donde su padre había actuado antes de la guerra (1999) como vocalista y guitarrista en una banda rock.

Luego regresó a Londres para continuar con su carrera internacional, pero sin olvidarse nunca de sus orígenes.

ENTRETENIMIENTO

Lady Gaga confirma que actuará en 'Joker 2', junto a Joaquin Phoenix

Después de mucha especulación, Lady Gaga confirmó este jueves que actuará con Joaquin Phoenix en la esperada secuela de "Joker", que se estrenará el 4 de octubre de 2024, exactamente cinco años después del debut de la primera cinta.

A diferencia del tono grave de la película original, esta secuela será un musical titulado "Joker: Folie à Deux", que estará dirigido de nuevo por Todd Phillips y en el que se espera que Gaga dé vida a Harley Quinn, la compañera de fechorías del Joker.

La cantante, que ya estuvo nominada al Óscar en 2019 por "A Star Is Born", publicó un sencillo tuit con la fecha de estreno del filme, pero no dio más detalles sobre su papel.

Se espera que el guion de la secuela profundice en la relación entre el Joker y Harley Quinn.

De hecho, su propio título, "Folie à Deux" ("Locura de Dos", en español), hace referencia a un trastorno en el que dos o más personas comparten síntomas psiquiátricos, habitualmente delirios.

Las primeras noticias sobre la película llegaron el pasado 7 de junio cuando Phillips subió a su perfil de Instagram una foto del guion del filme junto a otra instantánea en la que aparecía el propio Phoenix leyendo ese mismo libreto.

La primera entrega de "Joker", estrenada en 2019, resultó un rotundo éxito de taquilla que ingresó más de 1,000 millones de dólares en todo el mundo y logró 11 nominaciones a los Óscar, algo muy poco habitual para una película basada en un cómic.

Phoenix, aclamado por recrear los trastornos mentales que forjaron la personalidad del Joker, ganó el premio al mejor actor protagonista.

El atractivo de ambas estrellas es decisivo para que el estudio Warner Bros. logre remontar el interés por la franquicia DC Comics, después de una racha de estrenos algo desinflados como la nueva versión de "The Suicide Squad" o la tibia acogida que tuvo "Birds of Prey".

Esta misma semana, la factoría decidió cancelar el estreno de "Batgirl" sin dar más explicaciones y tras invertir 90 millones de dólares en su rodaje.

Cineasta danés Lars von Trier es diagnosticado con párkinson

El cineasta danés Lars von Trier sufre de párkinson, anunció este lunes, 8 de agosto de 2022, su compañía de producción.

"Lars está en forma y está siendo tratado por sus síntomas", indicó Zentropa en un comunicado.

El director de 66 años es uno de impulsores del manifiesto "Dogma" que propone un cine filmado en una relación cruda con la realidad.

Este año esperaba estrenar "The Kingdom Exodus", la tercera parte de una serie que la empresa de producción espera que sea finalizada de acuerdo a lo previsto.

El director Lars von Trier es un peso pesado de la industria del cine y es una personalidad controvertida conocida por propuestas polémicas y por incluir escenas de una violencia incómoda para el espectador.

Entre sus obras está "Melancolía", "Nymphomaniac" y "La casa de Jack".

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Sports Editor: Dan Graschuck/ EL CENTRAL

Detroit Lions Getting Ready For Season !!!

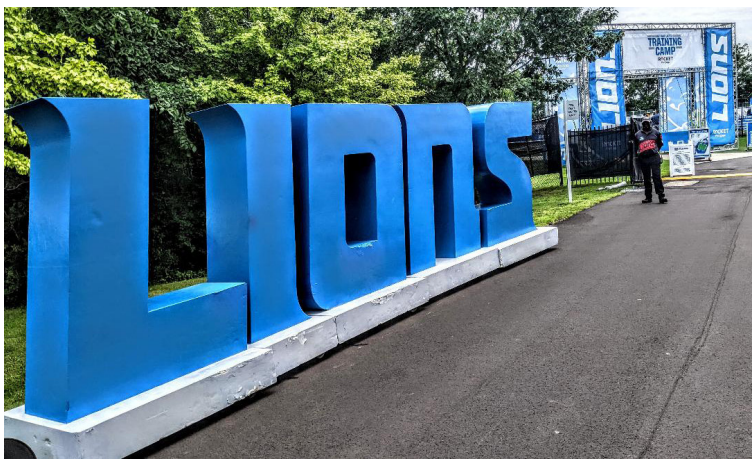
Last week, the Detroit Lions started their 2022 training camp of the new season. During training camp, HBO's "Hard Knocks", will be filming them at practice and preseason games. Hard Knocks can be seen on HBO, every Tuesday, at 10:00 pm. The Detroit Lions first preseason schedule is, Friday, August 12th, as they host the Atlanta Falcons, at Ford Field at 6:00 pm, then travel to the Indianapolis Colts, on Saturday, August 20th at 1:00 pm, and Pittsburgh Steelers, on Sunday, August 28th at 4:30pm. The Lions start the 2022 season at Ford field, hosting the Philadelphia Eagles at 1:00 pm (FOX).

Photos below are from the Deroit Lions training camp

Photos by: Dan Graschuck/ EL CENTRAL

Detroit Lions head coach Dan Campbell talks to media, during training camp

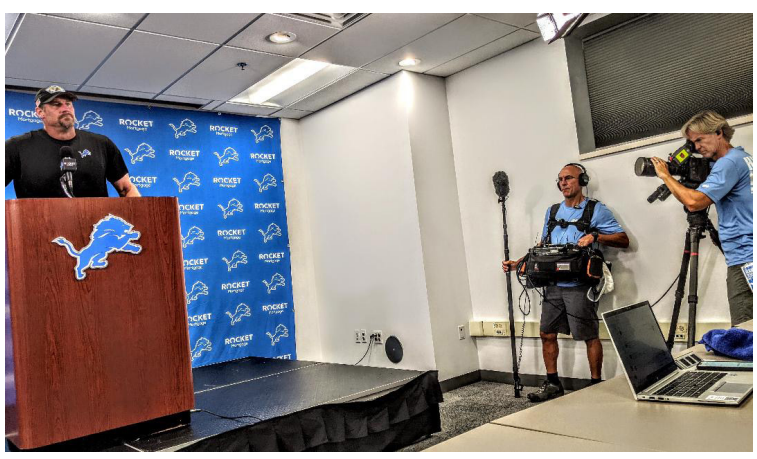
For this season of HBO's "Hard Knocks" TV series, they will be following the Detroit Lions. Hard Knock's will follow the Lions through training camp and preseason ahead of the new season



Detroit Lions practicing during training camp

Training camp entrance, welcoming fans to the Detroit Lions training camp, in Allen Park

Detroit Lions practicing during training camp, with Hard Knock's filming



Detroit Lions head coach Dan Campbell talks to media during training camp, with Hard Knock's filming

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Pateando la No. 5

Slipping and Sliding

David Levine
EL CENTRAL

After an unbeaten July, Detroit City FC slid into August by ending their five match undefeated streak with a 1-0 loss in Tampa last weekend. July, even without a loss, could have gone better. Two wins and three draws meant that City gave up fourth spot in the USL Championship Eastern Conference to the Pittsburgh Riverhounds. Those six points dropped in the ties are just three of the eight draws the team has had this year. Those ties have been costly.

One of the key reasons City isn't claiming more wins is the lack of offensive punch. Only once since late May have City scored more than once in a game. They have been creating chances and half chances, but not converting them. They haven't found a way to make their set pieces count either. With no finishing power and little threat from restarts, Le Rouge has become an easy team to defend. There doesn't look to be any saviors coming in to lift the team before the end of the season either. The team's budget is more limited than many of their competitors, so bringing in a striker before looks unlikely. New signing Cy Goddard, who joins from Australia's Central Coast Mariners, isn't available yet. He's a 25 year old winger who started in the Tottenham Hotspurs academy before going on a global jaunt that will bring him to Detroit soon.

At least City still has a ten point lead and a game in hand on eighth placed Tulsa. To qualify for the playoffs, City must finish in seventh place or higher. Unless they start winning games soon, they will slip another spot in the table. Miami FC is just one point behind them. Last weekend turned into a bigger loss than just the game in Tampa. All five teams ahead of DCFC, including Tampa, won over the weekend. Le Rouge now trail Pittsburgh by six points. First place Louisville, whom DCFC still has to play twice, has 49 points to City's 35.

Trevor James will have a more complete roster this weekend for the visit of the Oakland Roots. Utility man Michael Bryant will be available again after serving a one match suspension. Bryant accosted the referee crew in the parking lot after the 2-2 home draw against New Mexico, a major no-no. The league wasn't amused. Captain Stephen Carroll came through the Tampa game after missing time with a hamstring problem, so he should be able to keep his place on Saturday. Even without Devon Amoo-Mensah, out for the season with a serious knee injury, the defense and goalkeeper Nate Steinwascher continue to keep the team in games. Loanee Karl Ouimette has filled in admirably for Amoo-Mensah, Matt Lewis, and Carroll at various times this season. The club might have to look into a permanent transfer for the former Canadian international.

The Oakland Roots come into Saturday's game at Keyworth leading the league in ties with 11 and out of a playoff spot in the Western Conference. Sadly, DCFC's 8 draws are tied for second place in that dubious category, making a tie the most likely outcome. That is an outcome that City just can't afford anymore. James has to start going for wins to hold on to the playoff spot. A home playoff game might not be in the offing unless the team goes on a tremendous run over the last twelve games.

Detroit City FC Lose To Tampa Bay !!!

This past weekend, the Detroit City FC mens, traveled to Tampa Bay, to take on the Tampa Bay Rowdies. The Tampa Bay Rowdies defeated Detroit City FC mens 1-0. The Detroit City FC mens return to Keyworth Stadium, in Hamtramck, MI, this Saturday, August 13th, at 7:30 pm, to host the Oakland Roots SC (WMYD TV20 Detroit).

Photos below are highlights from the Detroit City FC mens vs. Tampa Bay Rowdies

Photos provided by Detroit City FC (photographer Jon DeBoer) and Tampa Bay Rowdies

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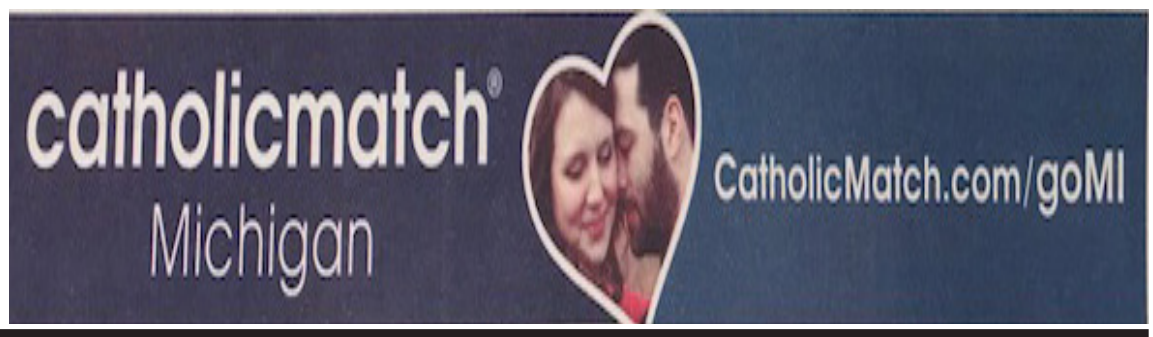

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EDITORIAL OPINION

Ley contra la inflación: logro del gobierno Biden por el planeta

Por José López Zamorano

A partir de la próxima semana, Estados Unidos dará un paso histórico hacia el inicio de lo que esperamos sea un camino irreversible hacia una auténtica economía verde, gracias a la aprobación de las más ambiciosas inversiones hacia las energías limpias y asequibles, y acciones agresivas contra el cambio climático.

Aunque fue bautizada como ´La Ley de Reducción Inflacionaria´, más por motivos políticos que por su impacto real en la economía, la nueva legislación abre la puerta a un futuro sustentable: agua y aire más limpios, mejor acceso a la salud pública y comunidades más resistentes a los fenómenos meteorológicos, especialmente las comunidades de color, como la latina y la negra, las más vulnerables a las injusticas climáticas.

¿Eso quiere decir que es una legislación perfecta y una solución a todos los problemas ambientales? No. En palabras de Bernie Sanders: La industria de los combustibles fósiles recibirá miles de millones de dólares en nuevas exenciones fiscales y subsidios durante los próximos 10 años.

Es sin duda preocupante, como apunta Bernie, sentar las bases de un planeta saludable y habitable con privilegios fiscales a las mismas empresas de combustibles fósiles responsables del calentamiento global. La ley pondrá por ejemplo a la venta hasta 60 millones de acres de aguas públicas todos los años a la industria del petróleo y el gas antes de que el gobierno federal pueda aprobar cualquier nuevo desarrollo eólico marino.

Pero no se trata de hacer lo perfecto enemigo de lo bueno. La gran mayoría de organizaciones ambientalistas coinciden que la nueva legislación es un paso adelante en la dirección correcta. Los demócratas debían saberlo mejor que nadie. En el tema de migración, los políticos que sólo apoyan una reforma migratoria integral o nada, tienen hoy las manos vacías.

En el caso de la ley, como indica Lori Rodes, Directora Ejecutiva de Cimate Power, la legislación realiza amplias inversiones en la industria manufacturera estadounidense, creando innumerables puestos de trabajo para construir la próxima generación de centrales eléctricas, carros y edificios limpios.

Otro logro importante: Se aprobaron 64,000 millones de dólares para extender la vida de la Ley de Salud Asequible, mejor conocida como Obama Care, hasta el 2025, y se pueden ahorrar casi 300,000 millones de dólares al permitir por primera vez que el programa Medicare renegocie los precios de las medicinas con las grandes farmacéuticas.

Aunque todos podemos apreciar las insuficiencias de la nueva ley, la suma de avances graduales y progresivos llevan al país en la dirección correcta. Y muchas de nuestras comunidades más afectadas por los fenómenos meteorológicos, --incendios permanentes, inundaciones, aire contaminado y aguas sucias-- simplemente no pueden esperar a una ley perfecta.

Opinions in this Article are not necessarily those of the Publisher or Editor

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God of love, power and mercy, we ask you to protect and defend our families.

May your grace guide the thoughts and actions of husbands and wives of the world for the good of all their families.

Grand that the young and the children of each family, in pursuit of their human dignity, find solid

support, love and understanding, fromt their parents and all of those who care for them.

Bless the families of Southwest Detroit and unite them in love.

Through the intercession of the Holy Family of Nazareth, grant that the church may fruitfully carry out her worldwide mission to protect, care and defend the sanctity and dignity of the family, Through Christ our Lord.

Amen!

Inspiring Quote of the Week !!!

"Always remember:
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Paulo Coelho

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Salud/*Health*

Buyer Beware: 'Ironing Out' the Facts on Vitamins and Supplements

(StatePoint) The supplement industry is booming, with more than four in five Americans taking vitamins or supplements, according to a recent Harris Poll on behalf of the American Osteopathic Association. Despite their popularity, the FDA doesn't test the effectiveness, safety or quality of supplements or their ingredients.

To help you navigate this largely unregulated industry, NovaFerrum, a leading manufacturer of iron supplements for children and adults whose products have been clinically proven safe, effective and well tolerated, offers the following primer:

• Good sourcing. Where it comes from is almost as important as what's in it. Manufacturers can cut corners by working with lower-quality global suppliers or operating in places that require little oversight. Look for products sourced and manufactured in the United States, such as NovaFerrum.

• Proper dosage. There is wide variation in the amount of active ingredients in each supplement. Some iron supplements, for example, contain only slightly more iron than a glass of tap water. Make sure you get what you're paying for. On the other hand, taking too high a dosage can be dangerous. Know the Tolerable Upper Intake Level or UL (the maximum amount you can ingest without negative side effects) of each supplement you take.

• Truthful product claims. Don't be fooled by product claims not backed by third parties. The "certified gluten-free" symbol on food packaging means stringent steps were followed to prevent gluten cross-contamination and that the food has been independently tested by a third party. Similarly, many products are listed as vegan, kosher and halal, but smart consumers know to look for those that are vegan-verified and Etimad Halal or Kosher certified.

• The right ingredients. While organic is a good thing when you buy vegetables, when it comes to products that require a shelf-life, this might not be the best approach. Some popular "all-natural" supplements have been recalled due to bacterial contamination. Without some level of preservative, harmful bacteria can grow in liquid supplements and make users seriously ill.

• Trustworthy brands. The supplement industry has experienced a number of lawsuits and recalls for issues related to ineffectiveness and adverse reactions. Do your homework.

• Science-backed products. Don't trust your family's health to a formula cooked up in a kitchen sink. Seek scientifically proven solutions based on years of pharmaceutical and health care experience and recommended by licensed medical professionals. Choose only supplements that have voluntarily undergone full-scale, multi-year clinical trials to prove that they're safe, effective and well-tolerated.

• Easy ingestion. Look for infant and children's products that actually taste good enough that they'll take them. The pediatric drops and chewable tablets from NovaFerrum, for example, come in flavors like chocolate and raspberry grape. Also, when it comes to

iron supplements, stick with formulations that reduce iron-related gastrointestinal side effects often experienced by people of all ages.

• Doctor-approved solutions. What you put into your body impacts your health in myriad ways, so choosing a supplement is essentially making a medical decision. Don't rely on slick advertising. Always get your doctor's counsel.

For more information on NovaFerrum, its iron supplements or its clinical trial, visit novaferrum.com.

"Whether you're taking supplements for athletic performance, to fill nutritional gaps or to boost wellness, it's essential to make smart choices," says Patrick Monsivais, CEO of NovaFerrum. "The good news is that with a little research, you can determine which are effective and made from high-quality ingredients, and which are a waste of money or, worse, potentially harmful."

¿Cómo se contagia la viruela del mono, según la OMS?

Cualquier persona puede contraer la viruela del mono y por eso la Organización Mundial de la Salud (OMS) ha señalado cuáles son las formas de contagio de este virus.

El pasado 23 de julio la OMS declaró a la viruela símica como una emergencia internacional, debido a la propagación acelerada que ésta ha tenido, afectando hasta ahora a 78 países, incluido México.

Debido a que más del 90% de los casos han tenido lugar en miembros de la comunidad gay, existe la falsa creencia de que este virus solo se propaga entre este grupo poblacional, sin embargo, la realidad es que cualquiera puede adquirir esta enfermedad.

Para terminar con las dudas sobre la transmisión de la viruela del mono, la OMS establece que las formas de contagio de la viruela del mono son:

• Teniendo contacto directo con alguien que tenga una erupción cutánea de viruela del mono, principalmente en acercamientos piel con piel, cara con cara, boca con piel, y boca con boca; esto incluye la actividad sexual.

• Por entrar en contacto con algún entorno contaminado por el virus, como ropa de vestir o de cama, toallas, superficies, objetos o aparatos electrónicos.

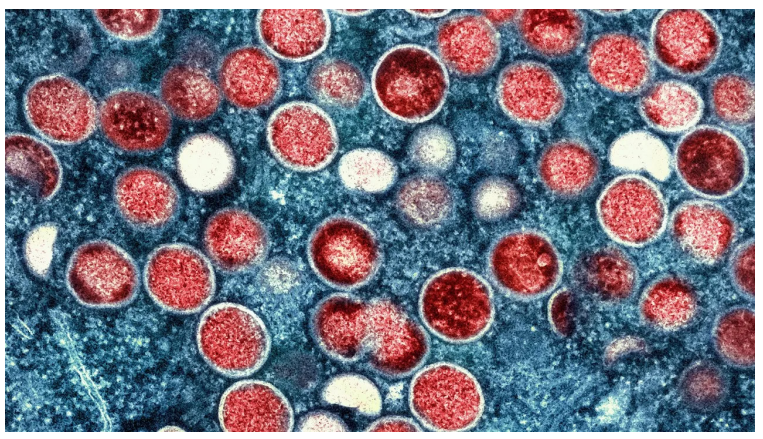
• Al respirar el virus o escamas de piel de alguien contagiado, presentes en la ropa de vestir o de cama, y en las toallas; a este fenómeno se le conoce como transmisión por fómites.

• Las lesiones, llagas y úlceras de la boca también pueden ser infecciosas, por lo que el virus puede propagarse si hay contacto directo con la boca y gotículas respiratorias, o a través de aerosoles de corto alcance. En este sentido, la OMS ha señalado que "aún no se comprenden bien los posibles mecanismos de transmisión de la viruela símica a través del aire y se están realizando estudios para obtener más información".

• De la madre al feto, así como al momento del nacimiento por contacto piel con piel; lo mismo ocurre del progenitor al lactante por contacto directo.

Las dudas que persisten

Aunque hay reportes de casos de infección asintomática de viruela símica, para la OMS todavía no está claro si las personas asintomáticas son contagiosas, o si el virus puede propagarse por medio de fluidos



corporales.

Adicionalmente se han encontrado rastros del ADN del virus en el semen, pero todavía no está claro si éste puede propagarse por medio del semen, los fluidos vaginales, la sangre o la leche materna.

Para evitar la propagación de la viruela del mono la OMS pide a la población mantener medidas como el uso del cubrebocas y el lavado frecuente de manos, así como mantenerse aislado y asistir al medico en caso de presentar síntomas como lesiones en la piel, fiebre y dolor corporal.

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TENGA CUIDADO CON IMPOSTORES DE ICE

! PERSONAS REPRESENTÁNDOSE A SÍ MISMAS COMO PERSONAL DEL SERVICIO DE INMIGRACIÓN Y CONTROL DE ADUANAS DE EE. UU. (ICE) PARA GANANCIAS FRAUDULENTAS

U.S. Immigration and Customs Enforcement

ALERTA DE SEGURIDAD PÚBLICA:

QUÉ es un IMPOSTOR:

Un individuo que se representa a sí mismo o misma fraudulentamente como un oficial o agente de ICE en un intento de obtener algún tipo de pago de usted para beneficios migratorios u otros servicios de inmigración.

CÓMO ocurre el FRAUDE:

- El (la) impostor(a) se identificará como oficial del orden público federal, empleado o contratista de ICE o el Departamento de Seguridad Nacional de EE. UU.
- El (la) impostor(a) le exigirá que proporcione dinero, favores sexuales o mercancía con el pretexto de poder ayudarlo a obtener un beneficio, estatus legal o documentos migratorios
- El beneficio o servicio prometido nunca es recibido

OFICIALES LEGÍTIMOS DE ICE NUNCA:

- Ofrecerán estatus migratorio legal u otros servicios de inmigración a cambio de dinero, favores sexuales o mercancía
- Utilizarán el internet o teléfono para contactar a un miembro del público para ofrecerle servicios de inmigración a cambio de pago mediante tarjetas prepagadas tales como GreenDot o servicios como Western Union y MoneyGram
- Utilizarán a un tercero para pedir y recolectar una cuota de un miembro del público a cambio de servicios de inmigración
- Le pedirán a usted o a cualquier miembro del público un pago de ningún tipo

¡PROTÉJASE A SÍ MISMO!

¡Un empleado legítimo de ICE nunca le pedirá a un miembro del público un pago de ningún tipo! DENUNCIE cualquier esquema fraudulento a la Línea Anónima para Pistas de ICE: 1-866-347-2423

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